

NEWSLETTER

YOUR SOUTHSIDE SOURCE FOR PHYSICAL THERAPY AND FITNESS



WE'RE OPEN!

HOW PHYSICAL THERAPY CAN TREAT COMMON HEALTH RISKS IN PEOPLE OVER 60

ALSO INSIDE YOUR MOBILITY MATTERS - 6 REASONS WHY YOU NEED PHYSICAL THERAPY INTERVENTION DURING THE CORONA-VIRUS PANDEMIC

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YOUR SOUTHSIDE SOURCE FOR PHYSICAL THERAPY AND FITNESS

HOW PHYSICAL THERAPY CAN TREAT COMMON HEALTH RISKS IN PEOPLE OVER 60



As we age, our bodies become more susceptible to certain health risks. Our bodies begin to notice the “wear and tear” that has developed throughout the years, causing us to slow down and putting us at risk for health conditions.

Luckily, physical therapy can help soothe some of the health conditions that your body may experience with age. If you are looking for pain relief, Atlanta Human Performance Center Physical Therapy & Fitness can help! Call our office today for more information.

What should I look out for?

Aging can certainly seem daunting, as it brings with it a slew of possible health issues. Senior citizens account for 12% of the world’s population, so it is important to know what challenges to look out for when you begin to reach age 60 and above.

Some common health issues people face as they age include:

- **Chronic disease.** The National Council on Aging states that 92% of senior citizens experience at least one chronic disease, while 77% experience at least two. The most common chronic diseases are diabetes, heart disease, cancer, and stroke.

- **Cognitive health issues.** These types of health risks impair one’s memory, making it difficult to remember and recall as easily as they used to, in addition to hindering the ability to learn new things. The most common cognitive health issue is dementia, affecting approximately 47.5 million people worldwide.
- **Physical injury.** Did you know that a senior citizen is admitted to the hospital due to a harsh fall every 15 seconds? Aging causes bones to shrink and muscles to lose their strength, making it more common for us to lose our balance and injure ourselves as we age. Harsh falls are the leading cause of injury among older adults.
- **Malnutrition.** Malnutrition in older adults is very common, but often undiagnosed. It typically stems from other health issues, such as dietary restrictions, minimal appetite from limited physical activity, or a cognitive disease causing one to forget to eat.
- **Incontinence/constipation.** These are also both very common health conditions faced by other adults, but they oftentimes go undiagnosed due to embarrassment from the patient. Incontinence and constipation can sometimes stem from an underlying health condition.

ARE YOU LETTING PAIN HOLD YOU BACK? CALL TO SCHEDULE YOUR APPOINTMENT TODAY!

YOUR MOBILITY MATTERS - 6 REASONS WHY YOU NEED PHYSICAL THERAPY INTERVENTION DURING THE CORONA-VIRUS PANDEMIC

KEITH E. EVANS, MD, PT, DPT, DN, CERT.

It goes without saying that 2020 was "A YEAR". It challenged us physically, mentally and some would also say spiritually. As a doctor of physical therapy I want to share with you 6 reasons why you need physical therapy intervention during the Coronavirus pandemic and how we can help to get your body back to optimal performance.

If you started experiencing continuous neck pain, lower back pain, stiffness and pain in your joints, muscle weakness, decreased endurance, and or mental exhaustion during 2020 and early 2021, then your body has experienced the collateral negative side effects of the Coronavirus. These symptoms are the 6 reasons why you need physical therapy intervention. Through no fault of your own, your routine has changed, your exercise may have become limited, you may be working from home, sitting for long periods of time, excessively gazing at your phone or computer, and now the effects of inactivity and isolation have begun to show.

Take our mobility survey below to assess your current physical and mental state.

Place a check by any area that may apply and/or use our diagram to identify areas of pain. Hand this newsletter to your physical therapist so that we can provide you with a more thorough assessment and develop a physical therapy program for you so that we can get you SAFELY back moving!!

AHPC MOBILITY SURVEY

- Lower back pain** – Are you experiencing pain when you have been sitting, walking, and or reclining?
- Neck pain** – Are you experiencing pain in the upper or lower region of your neck?
- Stiff and painful joints** – Are you experiencing difficulty standing, discomfort when walking, transitioning stairs or ramps or pain when stretching out your joints?
- Muscle Weakness** – Are you experiencing excessive fatigue with minimal activity?
- Decrease Endurance** – Are you experiencing excess fatigue when walking moderate distances?
- Mental Exhaustion** – Are you experiencing an inability to focus or concentrate, blurred vision, and/or headaches?

So, how did you do? Has your mobility changed or has the mobility of a loved one changed? If so, come in for Physical Therapy Intervention and let us provide you with a program to regain your mobility. Use this link to schedule your appointment today:

<https://ahpcpt.com/request-an-evaluation/>

Remember, our doctors of physical therapy are a part of your essential healthcare team because we **Keep Your Body in Motion**. We are grateful for the opportunity to provide you with our personal and professional care.

Subscribe to our YouTube channel to watch our series entitled Your Mobility Matters and how the pandemic has affected our patients with Keith E. Evans, MD, PT, DPT, DN, Cert.

<https://youtu.be/dTo46QLGay8>

Call to schedule your appointment today.

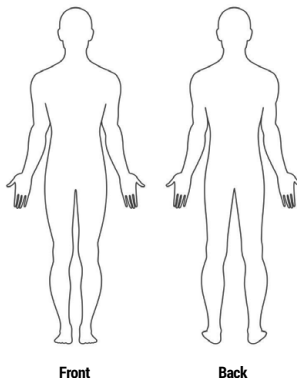


Request Evaluation



AHPC YouTube

Mark areas of discomfort on this diagram.



Front

Back

Who Do You Know That Needs Physical Therapy?

Do You Have Friends Or Family That Cannot:

- ✓ Move without pain
- ✓ Sit for long periods
- ✓ Bend and move freely
- ✓ Walk for long distances
- ✓ Balance confidently & securely
- ✓ Live active and healthy

CALL (404) 346-1526 TO SCHEDULE AN APPOINTMENT WITH OUR DOCTORS OF PHYSICAL THERAPY TODAY!



HEALTHY RECIPE: PINK SUNRISE STRAWBERRY SMOOTHIE

- 1 cup frozen strawberries
- 1/4 cup frozen raspberries
- 1/4 cup blueberries
- ½ - 1 small beet frozen
- 1 ripe banana
- 1/2 cup kefir
- 1/2 cup milk – regular, nut, coconut, hemp, etc.
- 2 tbsp honey (optional)
- 1 tbsp hemp seeds
- 1/2 cup ice

Place all ingredients into a high speed blender. Run on the smoothie setting or on high for 1-2 minutes or until completely smooth. Serve and enjoy!

ARE YOU IN PAIN?

CALL FOR A PHYSICAL THERAPY CONSULTATION



ATLANTA HUMAN PERFORMANCE CENTER

(404) 346-1526

OUR SERVICES

- Physical Therapy
- Massage Therapy
- Sports Therapy
- Dry Needling
- Fitness & Wellness Center

For more information about our services and specialties, feel free to call and talk with your physical therapist today!

HAS YOUR PAIN COME BACK?

- 1 Feel free to call us and ask to speak to your therapist.
- 2 Your therapist can discuss with you why your pain is bothering you again and what you might do about it at home.
- 3 If further assessment is warranted, your therapist might recommend you come in for an appointment.

PHYSICAL THERAPY TIPS

With Dr. Keith E. Evans, MD, PT, DPT,
DN CERT. CEO/Director of Atlanta
Human Performance Center



As we embark upon the New Year I want you to join our yearlong fitness challenge. Here are the rules, the first quarter focus on flexibility, the second cardiovascular endurance, the third strength, and the forth body contouring.

Check in with our Fitness Center Manager, Tracy Mitchell for your initial assessment so that we can coach you through the year!



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